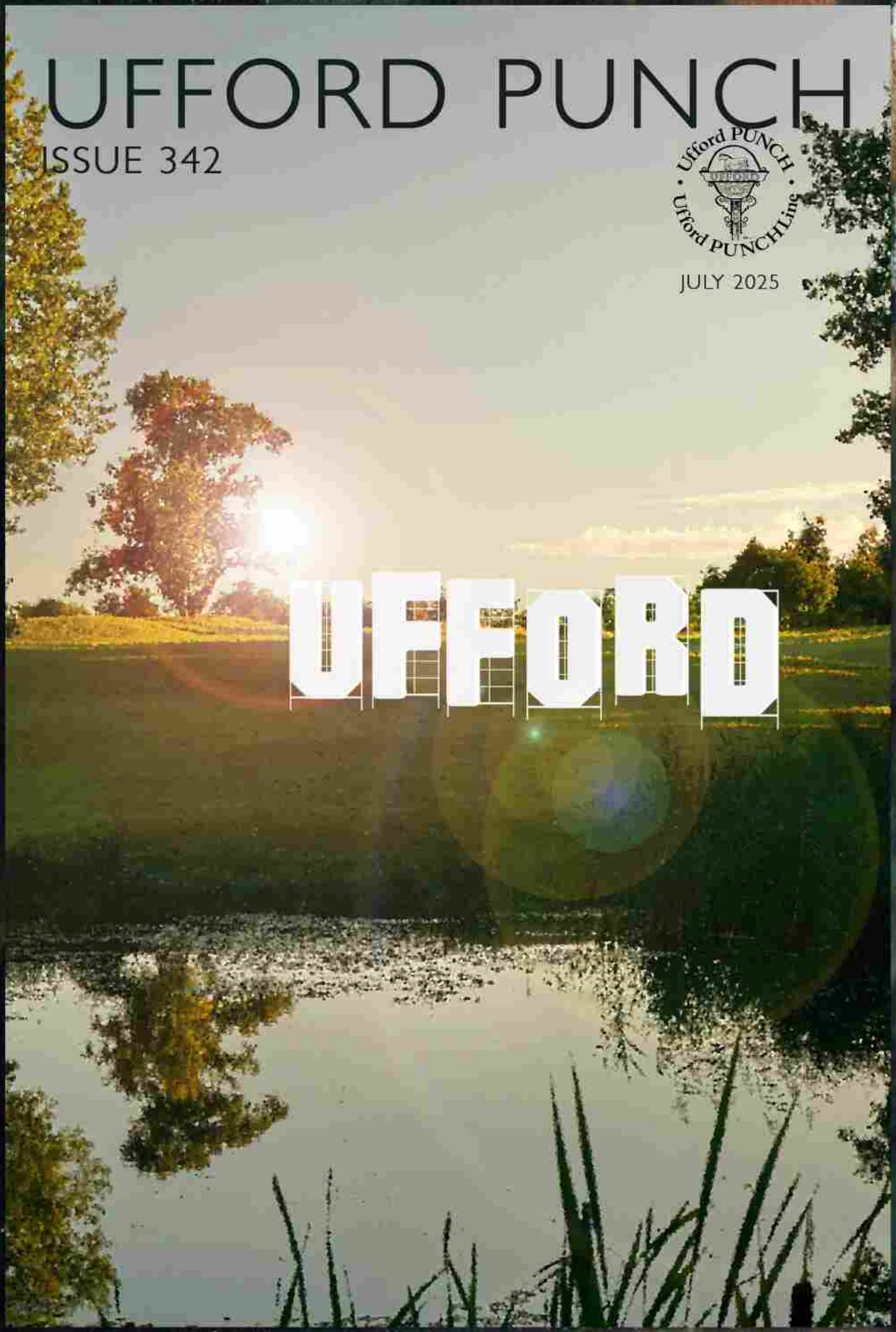
UFFORD PUNCH

ISSUE 342



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Cover Artwork by Helen Jones

The August Ufford PUNCH submissions should be sent to submissions@uffordpunch.org.uk by **Friday 11th July**

Welcome to the Ufford PUNCH

From the Editor

Welcome to the July edition of the PUNCH when Ufford is embraced by the sights and sounds of the summer: the call of the chaffinch, the evening song of the blackbird, the humming of mowers and the clinking of glasses outside at The Crown and White Lion pubs.

The Hollywood-inspired front page by Helen Jones is a nod towards Ufford becoming the small village entertainment capital of Suffolk. This month we review The Garfunkels and *Three Men in a Boat*, which graced the stage at St Mary's Parish Hall over successive Saturdays. In parallel, St Mary's Church has hosted two hugely successful classical concerts that have raised nearly £2,000 for two charities. And, by the time you read this, a star-studded *Hamlet* will have finished its highly acclaimed first national tour at the hall. Exciting times indeed.

This edition celebrates all our vibrant village offers with a gusto that other magazines could only envy. Our reporters have been out-and-about reviewing gardens shown for The Gardening Club and St Elizabeth Hospice. Monty Don has got nothing on Ufford. These events herald the run-up to the Ufford Village Summer Show on Saturday July 12th. So, water those carrots, get painting and groom that pooch for the all-important dog show. And don't forget to fill in your programme entries.

The PUNCH is pleased to welcome Sophie Rose to the role of treasurer, taking over from Jakes Davies, who has moved to Sussex (see page 4). Sophie is an accountant by trade, so I expect the Committee drinks budget to be slashed (there isn't one). We still have room for one more reporter, so if you fancy a role with no money, little respect and zero thanks, please reply to editor@uffordpunch.org.uk.

We also speak to Garrow and Helen Shand on the 50th anniversary of the release of the cult Suffolk film *Akenfield*, where they met and fell in love on the movie set. There's also exciting news about a new theatre version of the book by Ronald Blythe. Julie Murray writes about a 25th wedding anniversary with a difference, Fiona Gorman regales us with tales from Colditz and Nick Apperley is back in the saddle for a summer bike ride that raised over £3,000 for his MND charities.

Lastly, we are pleased to highlight an Ufford success story, with the family-owned KPM Vehicle Maintenance and Sales, Yarmouth Road, opening a new highly-advanced MOT facility at nearby Whitehouse Farm, Main Road, Pettistree. Kevin and Denise Melton have been advertising with the PUNCH since its inception in January 1997 and the firm's growth is a welcome addition to the community. Please let our advertisers know when you've read about them in the magazine as their continued support ensures we can produce it at no cost to residents.

Have a sizzling summer, Ufford.

Andy Gardner

Have You Heard It on the PUNCHLine?

Get the latest village news first via our digital newsletter '**PUNCHLine**'.
If there is anything you want to broadcast, write your message and send it in Monday - Saturday for circulation to all our subscribers as soon as possible.
To subscribe, or broadcast news, email punchline@uffordpunch.org.uk

UFFORD PUNCH NOTICE BOARD

THE UFFORD DIARY DATES ARE ON PAGE 21

St Mary's Parish Hall Will Be Spruced-Up This Summer

The century-old hall in Church Lane had a major renovation in 2015 but now requires painting inside to freshen it up. The job is being overseen by local residents Barry Searle and Chris Goodall plus two additional volunteers. The two week long refurbishment is planned for the end of July, beginning of August.

Barry said: 'The paintwork was looking a little tired so we have decided to give it a bit of tender loving care. We need to remove all the pictures and sort out a little cosmetic damage before re-painting the interior of the hall.'

The 2015 renovation included the hall being insulated and reclad and having a new kitchen and bathroom facilities installed.

The work on the hall is fully funded by St Mary's Church.

Photo courtesy of St Mary's Ufford PCC

New Treasurer at The PUNCH

Jakes Moves to Sussex and Sophie Takes Over

Sadly, our wonderful Treasurer Jakes Davies has had to step down to fulfil grandparenting duties away from Ufford.

'I had the most marvellous time working with the team at the PUNCH; it was great fun and I shall miss the camaraderie.'

Jakes was presented with a Bolney Estate vineyard tasting tour, which is close to her new home. She also received the now officially retired 'Sartorially Glorious, Treasurer's Scarlet Reindeer Jacket of Office' as Jakes once described it!

Sophie presents Jakes with a gift from her friends on the PUNCH Committee (Reindeer Jacket not pictured)
Photo by Nicky Scott

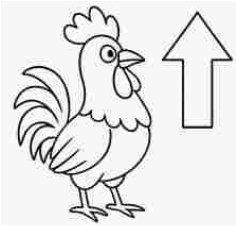
We are delighted to welcome Sophie Rose as the PUNCH's new treasurer. As keen-eyed readers will have spotted in the May edition: Sophie, Anthony and their dog Bertie moved into Ufford late last year.

'I had been wanting to get involved in the community, so it was brilliant when Nicky Scott approached me and asked if I would be interested in becoming treasurer. Being a fan of this great village magazine, it was an easy decision to say yes and I'm looking forward to the role.'

Tony Hill

Are You a New or Young Ufford Resident?

The PUNCH editors (and we're sure our readers) would love to have some fresh original stories from new contributors. You may have views, experiences or ideas we have missed. Send your suggestions to submissions@uffordpunch.org.uk. Our editors and reporters will gladly help you through to publication. We'd be delighted to hear from you.



The PUNCH Editorial Team apologises for incorrectly attributing the photos of the Easter Egg Hunt in the June issue to the wrong pub. It was sponsored by the White Lion, not the Ufford Crown.
We now have chocolate egg on our face as a consequence.

Karen Eyres, of the Friends of Ufford St Mary's Church, writes:

Many thanks to all those who supported and attended our two concerts in St Mary's Church recently and to the performers who played so brilliantly.

The Goldcrest Ensemble concert in May raised £906 for Alzheimer's Research UK and the thank you from them is displayed in the church.

The Young Musician's concert on 7th June raised £860 for EACH (East Anglian Children's Hospice). Thank you particularly to Alice Ridley for organising this.

For news of future activities please contact Karen Eyres, K.Eyres@btopenworld.com.

Ufford Parish Council News

Footpaths Working Group and Warden Wanted

Would you like to get involved in helping to keep Ufford the beautiful village it is? We are looking for volunteers to join the Footpaths Working Group and someone to be the Footpaths Warden.

The Working Group meet occasionally (perhaps five or six times a year) to clear any overgrown paths. All equipment is provided but you would need stout shoes and gloves. You have to be fit enough to push a lawn mower or use a hedge cutter and a reasonable amount of walking would be required.

The second role we are seeking a volunteer for is the Footpaths Warden. This involves a quarterly walk around all Ufford's paths and a written report to the Parish Council.

If you are interested in either of these roles, please email clerk@ufford-suffolk-pc.gov.uk

Former Crown Nursery Site Exhibition

Of course, by the time you will be reading this the Referendum for the Ufford Neighbourhood Plan will have been held and we will all know the result. However, at the time of writing….our fingers are still crossed 😊

But, what we can report on is how the Landex Exhibition for the former Crown Nursery site went. It was attended by 45 residents on 7th June, and 7 representatives from Landex and Artisan Planning were there to show the plans and answer questions.

The general feeling was positive; in that most people felt the new low density dwellings would be much better for the village than the already granted commercial units. Comment was made about the style of the houses. However, the images used were indicative of the style used by Landex and not the finished design for this development. The plans will now go forward to East Suffolk Council for Pre-Application consultation.

Resurfacing of Lower Street

If you have been down to Ufford Hole recently you will have noticed the resurfaced road. This was only achieved by UPC making representations to SCC Highways via Councillor Alexander Nicoll. SCC Highways were only going to do the Eyke side of the level crossing leaving this side as a 'low priority'. Only after we made representations did common sense prevail.

NOTICE to the DOGS of UFFORD—A little reminder that Saturday 12th July is your annual chance to shine. You know the drill, drag your owners down to the PUNCH-sponsored Fun Dog Show and watch their smile when you win them one of those bits of cardboard with some satin ribbon on it.

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Should I Stay or Should I Go?

An unexpected twist on a 25th wedding anniversary celebration. Julie Murray, of the High Street, reveals what happens when the best laid plans go wrong at the very last minute.

To mark our 25th wedding anniversary, we booked a well-deserved holiday to one of our favourite sunny spots - Playa Blanca in Lanzarote. With its golden beaches, blue skies, and fresh seafood by the marina, it was the perfect place to celebrate. We'd been counting down the days, picturing that special anniversary dinner and time to relax together in the sunshine.

Everything was going like clockwork. The pre-booked airport parking recognised our number plate without a hitch, security was a breeze, and we even had time for a relaxed drink before boarding - no need to rush, as our seats were booked together. But then, just as we reached the boarding gate, came a twist we hadn't expected. One of the airline staff quietly pulled Lee aside. Despite his passport stating it didn't expire until October 2025, it was no longer considered valid for travel under new regulations. We were stunned.

The sad times …….

With only minutes to decide what to do, the question hung in the air - should I go alone?

In the end, we both agreed: YES. After a quick swap of essentials - Lee got the house and car keys, and I took the picnic - I found myself boarding the plane alone, off to celebrate our silver wedding anniversary… solo.

For those who know me – they'll know I'm a crier. I was devastated and instantly tearful, followed by full on sobbing on the plane. From the departure window, Lee watched me board alone, a tear escaping as he waved goodbye.

Fortunately, upon returning home, he headed straight for the White Lion with Sausage, our dachshund, (who was pleased to have him home early), where he was soon consoled by friendly, teasing locals who welcomed him back with good-natured ribbing.

To my surprise, I found it far easier - and more fun - than I'd expected. I picked up a hire car, checked in, and threw myself into our planned itinerary. I dined out, lounged on Papagayo's beautiful beaches, climbed Montana Roja, and enjoyed a generous amount of wine. I even ticked off a long-held goal: proving I could work from anywhere in the world by running my first development workshop remotely from Spain.

Best of all, the week took an uplifting turn when my lovely friend Emma and her daughter Libbie flew out to join me for the second half of the holiday. Their arrival turned the solo trip into a shared adventure, and together we made even more unforgettable memories.

It wasn't quite the anniversary we'd planned - but it's certainly one we'll never forget. And don't worry - Lee and I have already started planning our next getaway. This time, with a brand-new passport.

……. and the good

The Murrays Reveal the Family's Beloved Muntjac Deer Has Died

Our beloved Wonky, the deer who stole the hearts of the village and beyond, has sadly passed away of old age. He spent his final moments peacefully, surrounded by the Murray family, who had lovingly cared for him throughout his time with us.

Wonky had lived in our garden for all nine years we've been here, quietly sharing our space. Over the past year, he became remarkably tame and grew into part of the family.

A heartfelt thank you goes out to all our neighbours, friends, and fans from around the world who followed his story - and especially to Melton Produce, whose generous support kept him well fed and happy.

Sleep well, Wonky. You were one of a kind.

Welcome to the Ufford Village Summer Show 2025

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Akenfield: A Very Suffolk Love Story

It's been 50 years since Sir Peter Hall's *Akenfield* first hit our screens. This multi-generational tale of traditional Suffolk farming and its trials, tribulations and triumphs, put the county on the map.

Go to the White Lion on quiz night and you might meet the film's star, Garrow Shand. He, who had never acted before or since, not only bagged the lead roles, but he also met his wife Helen, an Ufford Players regular, on set and they've just celebrated their 50th wedding anniversary.

'I was with a friend, and we saw an ad in the East Anglian Daily Times that said they wanted local people for a film and they wanted someone who could plough. And I thought yes, I can plough. The auditions were at Farlingaye and Peter Hall and Ronald Blythe, the author of the book it was based upon, were both there. A screen test in London followed.'

While Garrow, who played the three lead roles of Tom Rowse, his father and grandfather, was there for the whole of the year's filming, Helen came into the process much later - almost at the end. But for another request for extras, their paths might not have crossed!

Helen was doing a secretarial course at Suffolk College, when the film-makers came looking for girls with long hair and Suffolk accents. 'So I put my name down,' she says. 'A few weeks later I got a phone call asking me if I could come to a field in Charlsfield.

'I spent all day chatting up one guy. And then his girlfriend turned up and I thought "That was a waste of a day". Then Garrow comes sauntering over and said "I understand you have a car. Can you give me a lift". The rest is history!'

Filming finished and the couple carried on dating, until the following year when Garrow went off to America with a friend. On his return the relationship bloomed again and they married the following year in June 1975.

The film had come out earlier that year, in cinemas and on television. Partially financed by LWT, 13 million people tuned in. 'It was great fun going to see it in London and seeing it on the big screen,' says Helen. Such was the film's reach, they were also on the front page of the Sun newspaper just before they married.

Apart from meeting each other, it perhaps wasn't the life-changing event you might imagine, although they have enjoyed various screenings and events over the years. That includes one where they were sitting in front of a woman at the cinema who was talking about how handsome the star was! They were also invited to Peter Hall's memorial service at Westminster Abbey, a very starry affair.

'Everyone remembers that time they met the person they end up marrying and ours is actually on screen,' says Helen. Garrow sums it up. 'It didn't change me, but it changed my life. If there hadn't been a film, I wouldn't have met Helen and we wouldn't have had four kids and nine grandchildren.'

Words and photos by Angela Linforth

Akenfield: Helen's Readings

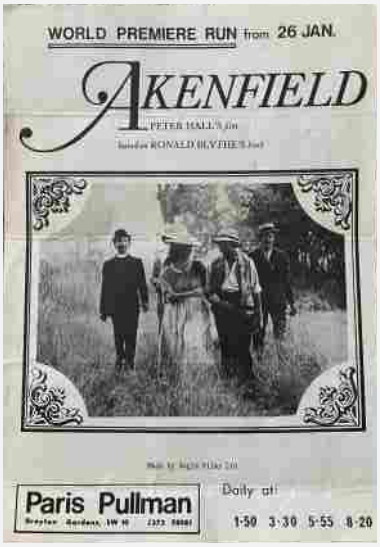
Akenfield, the film, was directed by Peter Hall over a period of a year, between 1972 and 1973. The film was based on the book written by Ronald Blyth, first published in 1968. The Reading I did at Theberton Village Hall was an excerpt from the book and was one of the characters that Ronnie Blyth had interviewed when writing the book.

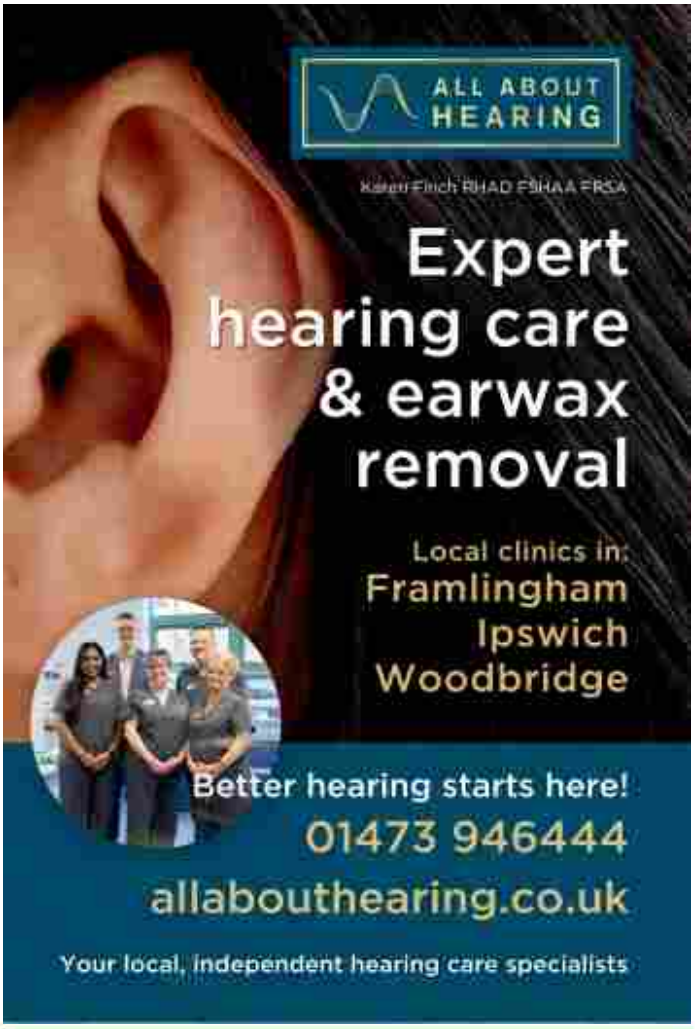
Jenny Hall, Peter Hall's daughter, had contacted me to do the Reading as she needed someone with a Suffolk accent to read it. She decided to write and produce a play, based on the book *Akenfield*: *Portrait of an English Village* and the Reading was to promote this.

The play has been written by Jenny's husband Glen Wilhide, and I have auditioned for a part in the play, which will appear in various venues across Suffolk in the Autumn.

The play is based on interviews from the book and is more like the book than the film. Jenny has secured sponsorship from the Sizewell Community Fund and, whether I get a part or not, I am very much looking forward to seeing the production.

Helen Shand





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A LESSON IN HISTORY

Fiona Gorman writes about her 'dream trip' to Colditz in Germany and other military locations with husband Simon Pearson in the wake of his podcast appearance to speak about his book *Great Escaper.*

As 'every girl's dream trips' go, my recent visit to Germany and Poland, focusing on Colditz Castle and the prisoner of war camp at Stalag Luft III, proved surprisingly satisfying. This girl was greatly moved, inspired and, at times, entertained.

My husband Simon and I joined a small gaggle of Second World War military enthusiasts in March for a five-day tour of duty that also took in Leipzig, Dresden, and Posnan. First stop was the charmingly named McDream's hotel in Leipzig, Bach's home town, which was far more comfortable than the budget approach to customer service (no reception and coded entry to rooms) seemed to offer.

From there, we were driven at speed – putting various autobahns to the test – to the imposing Colditz Castle, which resonated with the board games and TV series of my childhood. Our local tour guide Tony showed us the ins and outs of this austere structure and, indeed, the how to get out.

Many escapes were attempted by the Nazis' unwilling guests, with one route reliant on such a letter-box aperture in a cellar wall that would-be escapers had to strip off completely before making a break for freedom. My portly companions would not have stood a chance and neither would I!

Photo by Simon Gorman

The highlight for me was learning about the glider secretly built by PoWs behind a false wall in the attic. This aircraft, fetchingly decked out in blue gingham, was about to be put to the test when the castle was liberated.

The next day was spent in the rebuilt splendour of Dresden, where a relaxed lunch was enjoyed in the spring sunshine in the city's main square. An AFD rally brought this to an abrupt conclusion so we beat a retreat to Dresden's fascinating military museum.

Onwards to modern-day Poland, where Simon took on the role of tour guide as we visited the ghostly remains of Stalag Luft III, now largely reclaimed by nature. It was an eerie and moving visit, made more so by the 81st anniversary of the Great Escape the following day. To see where Roger Bushell and his fellow PoWs had planned their escape was so poignant, particularly as we retraced their steps to the nearby train station as they tried to put some distance between themselves and the camp before their plot was discovered.

Our trip ended at the Commonwealth War Graves Cemetery in Posnan, a serene location that provided the final resting place for Bushell's ashes and those of 47 other PoWs executed on Hitler's orders as a result of the Great Escape. Standing before their simple white headstones was such a humbling experience.

I had approached our five-day trip with some hesitation and doubt, but it proved to be a fascinating and life-enhancing adventure after all.

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Reflections on an Unforgettable Adventure

The PUNCH has chronicled Nell Atkinson's four month trip through South East Asia with school friends. The School Lane 19-year-old reflects on a life-changing odyssey.

As I've drawn my travels to a close and at last returned to the homeland, I've been reflecting on my highs and lows; my dos and don'ts, if you will. I can say with full certainty that these last four months have truly seen me through some of my all-time favourite memories and some of my most disastrous moments.

So if I were to create a set of rules for any potential traveller, I suppose it would look a little like this:

- **Number 1** - Don't be put off by the touristy nature of the Hà Giang Loop. It's touristy because it is the experience of a lifetime and completely beautiful, you meet the coolest bunch of people and see some of the most incredible sights in Vietnam.

Hà Giang Loop

- **Number 2-** Try all the traditional food you can. It's completely delicious, especially Pho, Báhn Mì, Khao Soi, Amok, Lok-lok and Lumpia! Cheeky salt or egg coffee to top it all off; you can't go wrong!

Báhn Mì

Tom yum soup

Pad Thai

- **Number 3** - Try your very best to not ingest any sea water in Krabi, Thailand. You will undoubtedly get struck down with some nasty bacterial infection … gastroenteritis, if you're lucky like me!! And no one needs a two-day stay in hospital and a hefty medical bill.

Photos by Nell Atkinson

My hospital bed

- **Number 4** - Go to the Philippines! Do as many boat trips as you possibly can. It's much less touristy and you get to know the people and culture far better than any other country I experienced. The water is clearer than any I've seen and you can bet on seeing a turtle or two any time you go in the sea!

Prow of the boat in the Philippines

Linapacan Island, Philippines

Chicken adobo on a beach in the Philippines

- **Number 5 -** Last, but most certainly not least, stay as long as humanly possible in Hội An, Vietnam. There is no place quite like it. You can ride a bicyclе through the rice fields all the way to the beach, make lanterns and silver rings and take lessons in traditional food and coffee. It's got great night life and so many fun activities. I loved it there and you will too!!!

Hội An, Vietnam

Evelyn Whitmore, me, Sophie Abbott and Evelyn van Marle

Lantern release with Freya Leonard in Hội An

The Beautiful Ufford Hole Must Be Treated with Respect

The full beauty of the Ufford Hole is captured in this stunning image by local photographer Mike Whitby. The River Deben at the Hole is neither wide nor strongly flowing and a haven for decades of swimmers.

However, even on a majestic evening in June, it must be treated with respect. Local water expert David Findley issued water purity guidance before our recent hot weather. He reported: 'The good news in that the Upper Pool has relatively low E.coli levels. The stream under the second bridge - although fast and flowing - has dangerous levels of E.coli.' Water samples were taken by Deben Climate Centre volunteers. They were published on the Helping Ufford Group (HUG) Facebook site. The group gives regular updates throughout the warmer weather - and across the year.

Nick Apperley's Bike Ride

Nick's Evening Cycle on 12th June was a fabulous event with 100 cyclists and 30-plus social supporters taking part. Just over £3,000 was raised for Nick's chosen MND charities and a tremendous evening was had. The balmy summer weather was a super bonus.

Enormous thanks from us both to all those involved, especially to Polly and her team at the Ufford Crown, and to everyone, near and far, for their ongoing support. Jill Apperley

Nick and Jill Apperley are thrilled that the hugely successful Evening Cycle has raised more money than ever this year for the Motor Neurone Disease charities they support.

A splendidly warm and sunny evening on June 12th saw exactly one hundred cyclists take on the fifteen-mile course through the Suffolk countryside, starting and finishing at the Ufford Crown, and with a delicious supper and special cocktails provided by Polly, Max and the team.

Reflecting on how much the event has grown since 2013, Nick recalls the first 'Ev'ning' Cycle, organised then as now with the Ufford Crown to support a friend's Eve Appeal raising money for female cancers.

'It was such a popular and much enjoyed evening that the ride continued annually until 2018 with growing numbers and raising over £750 each year.'

In 2019, the Evening Cycle raised over £1,000 for Somersham Ward in Ipswich Hospital in memory of their good friend Rick Arbon, but in 2020 the pandemic put a stop to any further fundraising.

However, Nick says that now 'due to popular demand and with Polly's enthusiasm it is back'. In fact, it is back and better than ever. Jill reports that this year's record turnout has raised over £3,000 for The MND Association, My Name'5 Doddie Foundation and Challenging MND.

Helen Paxton

Nick Speaks at a Prestigious My Name'5 Doddie Scientific Advisory Meeting

18th – 19th May 2025 Hosted by the Duke of Buccleuch at Boughton House, Kettering

One of Doddie Weir's wishes was that the clinicians and researchers funded by My Name'5 Doddie Foundation should meet bi-annually and that each meeting should be attended by two people living with MND to provide a real perspective on life with MND.

I was thrilled to be invited to attend and to have the opportunity to give my views on finding much needed treatments and a cure for this pernicious disease, particularly reducing diagnosis time.

What was also very apparent are the difficulties currently faced by clinicians in their efforts to provide the best treatment available within the very apparent limitations of the NHS.

Nick Apperley

SATURDAY NIGHT'S A

The Garfunkels Serenade and **Three Men in a Boat** \

The Garfunkels

'You might be here at the genesis of something great.'

It was the sort of quote you might have put down to hyperbole, a few too many Adnams or the musings of a villager being polite. However, when they are uttered by Johnny G, a Suffolk music legend who knows his stuff, you stand up and take note.

Photo by Angela Linforth

Johnny was speaking for all in the eighty-strong audience who witnessed The Garfunkels' inaugural concert on Saturday 24th May. The two-piece - Ufford's own Tom Mumford and Angelo Littler from Rendlesham - took to the stage at St Mary's Church Hall. They promised to showcase the life, times and songs of the iconic duo Simon and Garfunkel. The 20-year-old musicians achieved that - and so much more..... with a little help from their friends.

Walking in, you were handed a classy programme designed by Mathilde Philips. It set out the story of our two local heroes. Tom and Angelo have been singing and harmonising in Suffolk pubs for years.

Tom runs the White Lion pub open mic nights along with others in the region. It was at these gigs that they spoke about starting a Simon and Garfunkel tribute act.

The programme notes explained: 'There was one small problem - neither of us wanted to be Paul Simon. To make it work, one of us was going to need a haircut. And that simply wasn't going to happen.'

The novel solution... They both decided to be Garfunkel.

On the night it didn't matter as Tom and Angelo shared harmonies on some of the 20th Century's greatest songs: 'Mrs Robinson', 'I Am A Rock' and 'The 59th Street Bridge Song' ('Feelin' Groovy').

In between, they enlightened us with a brisk summary of Simon and Garfunkel's life together. It was well scripted and gave context to the songs. You understood what made them tick. There was also an energetic cover of the Bob Dylan song 'The Times They Are A-Changin',' allowing Tom to pop on his shades to mimic the young, beautiful Bob. How we swooned.

However, the moment of the night was Angelo nailing a breathtaking 'Bridge Over Troubled Waters,' to the perfect piano played by Painting the Silence's Patrick Mckenna.

In between, Johnny G and drum maestro Steve Chambers, aka 'Chief Drummer', joined the pair to give even more depth to an almost perfect sound, orchestrated by the unsung heroes of the night, sound technicians Tony and Dave Scarlett.

The evening finished with a rousing rendition of The Everly Brothers' 'Bye Bye Love 'and a standing ovation. It was more than an act, it was a show, and all involved should be congratulated. This includes Ipswich based Painting The Silence - James Whitby and Patrick - who opened the entertainment with their excellent cover songs - a medley of Elton John hits being the highlight, and their own well received compositions.

Mathilde and Jessie on the bar braved their two cash machines behaving badly as the good times literally flowed.

It was a team effort and surely this is the start of something very fine indeed. Just remember what Johnny G told you lads: 'Write your own material.'

Andy Gardner

The Talent That Made It Happen

Tom Mumford - Guitar, vocals and harmonica
Angelo Littler - Vocals and tambourine
Johnny G - Great speech and bass
Steve Chambers - Drums ("chief drummer")
Mathilde Philips - Programmes and bar
Jessie Ellis - Bar and setting up
Tony Scarlett and Dave Scarlett - Sound team
Tim and Zana Mumford - Stage design and door security

ALRIGHT AT THE HALL

Wow Two Packed-Out Shows at St Mary's Parish Hall

Three Men in a Boat

It was an unseasonably sweltering evening in Ufford.

The kind of evening when the anticipated pleasure of an hour or two of live theatre can be undercut by the thought of being crammed thigh-to-thigh into St Mary's Parish Hall with 80 or 90 living, breathing, heat-radiating, fellow Uffordians.

Photo by Rilla Forge

Hot as it was, the village – and more from miles around – turned out in force to catch Giles Shenton's one-man stage adaptation of Jerome K Jerome's classic comedy *Three Men in a Boat.*

In a sense, we already knew what we were going to get. Most of us had enjoyed Shenton's *Old Herbaceous* a year or so ago ('a heady blend of horticulture, comedy and nostalgia' – Ufford Punch).

And even if we hadn't personally waded through Jerome's book at some stage in our lives, it is so embedded in the culture, such a classic of Victorian English humour, we were familiar with the idea of it.

The simple staging set the scene, with oars, fishing kit and river charts summoning up the pleasures of life on the water – catnip for Ufford's legions of boat-lovers.

Shenton strolled onto the stage with the amiable, rather flushed (that was probably the heat) air of a well-padded Victorian preparing to regale us with an anecdote or ten about his eventful boating holiday on the Thames.

Thus he set sail, describing with self-effacing humour how he and his pals George and Harris – a trio of hypochondriacal, blustering, blundering numbskulls (to say nothing of their spirited terrier Montmorency), newcomers to the ways of boating – had prepared and packed and debated their holiday down to the smallest detail. Only for it all to unravel spectacularly, and repeatedly, once they made it on to the river.

Shenton's own long standing love for the Thames clearly influenced this adaptation. There were wonderful descriptions of the river to enjoy throughout, even when Jerome's distinctly 19th-century sense of humour began to flag.

Let's face it, what was hilarious back then, doesn't always get us rolling-in-the-aisles today. And you couldn't imagine anyone giving it a better go – especially when the heat was obviously even more intense up on stage. Rarely has a handkerchief seen more employment as a brow-mop prop.

All in all, an enjoyable evening and a heroic performance. Thanks yet again to local impresarios Andy Gardner and Amanda Baker for bringing the gift of live entertainment to Ufford. We can't wait for their next production.

Jed Leland

Framlingham Friends Reunited

On the last evening of May, Ufford was in full, perfect spring-bloom. Present and past felt like they collapsed as Stefan and I ate at the pub in the last of the sunshine and wended our way to the village hall. I thought of the generations of Uffordians, who've trodden the churchyard path, full of anticipation, in search of community and a special evening of live entertainment. The sense of time morphing continued. I met up with one of my dearest friends Fiona Edwards (nee Kelsall.) She and I first met at school in Framlingham 42 years ago. We came to see *Three Men in a Boat*. Yes, for the pull of live entertainment but also the promise of a school-drama-geeks reunion.

Giles Shenton, actor and star of the show, was at school with us all those 42 years ago. He was a little ahead of Fi and me. So as she and I began treading the boards in lowly ensemble roles, Giles was already wowing school audiences with leading roles like his hugely impressive Fagin in *Oliver*. And here again, all these years later, his talent and capacity to capture an audience and hold them in his thrall was just as evident. What fun to see him after the show, to reminisce in the present and find how our passing years and winding paths had conspired to bring us back together.

Neena Atkinson

Ufford Gardening Club Open Gardens

The ever-popular Ufford Gardening Club's Members Open Gardens event took place on 11th June.

Pightle House

The first garden was at Pightle House on the High Street where Ros and Simon have over the past six years created a gravel garden with Mediterranean planting in their quarter-acre plot It is incredible how the garden has recovered after being submerged in the floods which swept down Byng Brook in the aftermath of Storm Babet in October 2023. Standing in the centre one is surrounded by the Mediterranean planting, two areas of mixed perennials, two vegetable patches and a small orchard with apples, plums, quince, fig and mulberry trees. This is not a manicured or 'designed' garden, but with planting choices made principally to encourage pollinators.

The second garden was Forge Cottage on the High Street where Cathy and James (mostly Cathy according to James) have, over the past ten years, created a wonderful display of mixed perennials, several vegetable patches and a glorious seating area surrounded by colourful pots and hanging baskets.

Forge Cottage

Long Reach

Finally with the sun setting we all wended our way to Tony and Paula's newly planted garden at Long Reach on School Lane buoyed by the knowledge that a welcome glass or two awaited! This is a relatively new garden created over the last two years from a blank canvas. There is a beautifully lawned area accessed by steps with impressive brickwork and low walls framing their design, which includes arrays of mixed perennials to the front and back. While pleasing now, one can imagine the full beauty of this planting as it matures.

Words and photos by Alex Bennett

Foppe's Italian Job in the Custard Cream Car

Ufford's vintage car expert Foppe d'Hane has been living *la dolce vita* helping out in one of Europe's great car rallies. Foppe was part of the backup crew for one of his beloved Talbot cars taking part in the legendary 1000 Migia 2025.

The race over five days from Tuesday 17th to Saturday 21st June retraced the legendary pre-war races through Italy. Over 400 cars were registered to take part, which started from Brescia, went through Milan and looped back to Brescia. The route covered over 1,000 miles.

Foppe, 61, had the time of his life following his Talbot in a vehicle nicknamed the 'custard cream' car.

Just before we went to print, Foppe told the PUNCH: 'It started in 1927 and the last race was held in 1957, so to participate your car has to be of that period. It made Ferrari famous and of course Stirling Moss won the race in 1955 in a Mercedes 300slr in just over 10 hours.

'It is an amazing spectacle with 400 entries of the most fabulous sports cars ever made, Lancia, Maserati, Alfa Romeo, Ferrari and a ….. Talbot.'

Photos courtesy of Foppe d'Hane

Ufford Open Gardens raises £1,941.67 for St Elizabeth Hospice

For over 25 years our picturesque village has turned into a vibrant tapestry of colours and scents, and yet again in 2025, private gardens opened their gates to showcase nature's splendour.

This year, on Saturday 14th June, ten gardens displayed their splendid spaces, with seven of them being first timers. Each was unique, including Meadowbrook, Spring Lane, with its 5,000 candelabra geraniums, planted thirty years ago and Yew Tree Cottage, Lower Road, now boasting its brand-new thatch.

And let's not forget the hard working Committee over Saturday 14th June, who provided a very welcome cup of tea and homemade cake for over 200 visitors from near and far.

On reflection, whether you are a seasoned gardener seeking inspiration, a nature lover longing for a tranquil escape, or a casual visitor enchanted by the charm of rural England, the gardens of Ufford on Open Gardens Day offer something magical.

They are a testament to community spirit and the enduring bond between people and nature.

Words and photo by Sue Wright

Featured Ufford Gardens

- Windy Ridge, Ufford Place
  Deborah and Chris Jenkins
- Park End, Ufford Place
  John Skinner
- Brook Cottage, Barrack Lane
  Ruth and Tim Buxbaum
- Knoll Cottage, Barrack Lane
  Clare and Nick Morrell
- Yew Cottage, Lower Road
  Jen and Sean McMillan
- Walnut Tree Cottage, Lower Rd
  Patricia and David Findley
- Croft Cottage, Lower Road
  Pam and Chris Reading
- Meadowbrook, Spring Lane
  Rosie and Hammie Fergusson
- Mill Cottage, Spring Lane
  Janne Voutiras
- Pightle House, Main Street
  Ros Conway and Simon Read

- Tricia Cornhill, who helped organise the event, said staff from St Elizabeth Hospice were thrilled; 'Everyone was delighted that Ufford held the Open Gardens event again and they look forward to next year.

  'They also complimented the afternoon tea, saying how delicious the cakes were - and nice big portions.'

WHITE LION PUB

Lower Street, Ufford

2025

Summer at the White Lion

Our Sunday afternoon open-air wood-fired pizza oven is proving popular - 150 pizzas in two weeks. We offer hand-made classic margarita, peperoni, spicy and vegetarian pizzas on Italian dough for £12 to £13.50 depending on ingredients. Firing up at 2pm, we're normally at 400°C and ready to go by 4pm, baking two pizzas at a time. In addition there'll usually be live music each Sunday afternoon.

Special Opening Times for Summer

Monday - Thursday 11am to 10pm Meals 11am to 3pm, 6pm to 9pm, last seating 2:45pm, 8:45pm
Friday - Saturday 11am to 10pm Meals 11am to 9pm, last seating 8:45pm
Sunday - 12noon to 9pm Meals 12noon to 6pm, last seating 5:45pm

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Andy on 07538 600986 or 01394 460770 info@uffordwhitelion.co.uk

stephen_thurlow@hotmail.com Please reserve a table to avoid disappointment 01394 460770

Please check our website for details of our events: www.uffordwhitelion.co.uk

KPM Expands with a New Hi-Tech MOT Testing Centre in Pettistree

Ufford's favourite garage is moving into a new era by opening a state-of-the-art MOT testing centre in nearby Pettistree. Family owned KPM Vehicle Maintenance and Sales, situated off the Yarmouth Road, has taken over an old grain store at Whitehouse Farm.

Kevin Melton started the business in 1986 and has the distinction of being one of the PUNCH's first advertisers in January 1997. The magazine was given an early tour of the new facility, which is called Suffolk MOT & Service Centre. When fully up and running it could handle up to 30 MOT's each day.

Kevin, 62, said: 'We have invested a lot of money and time into the facility and believe it is one of the most advanced in the region. We have enjoyed incredible support from the village and trust they will bring their cars to the new MOT Centre.'

The firm has purchased a number of high tech machines - but promises it will retain its old-school hospitality and care. Kevin said the company will be happy to pick up and drop off vehicles for villagers - especially the elderly. Alternatively, drivers can still drop their cars or light commercial vehicles at its Ufford base. 'We will then drive them up to Pettistree for an MOT and return them to our Ufford site', said Kevin.

The new site will also be used for the firm's traditional vehicle service and repairs, which will gradually move from the Yarmouth Road premises.

KPM began renovating the 456 square metre unit in January and is currently in the midst of a 'soft' opening. It has installed high quality ramps, lifts and computers from around the world to help run a conveyor belt of MOTs. Vehicles enter the building to an automated test lane that allows an MOT to be carried out by one technician. In most standard MOT bays it takes two workers for one test. The checks include for brakes, seatbelts, horn and electrical items.

Next, it moves forward to a lifting ramp, which allows the underneath to be checked, including brake pipes. Then there are electronic tests of emissions, which are sent securely via a computer to the Department of Transport. The DVSA will know instantly if a car has passed or failed its emissions test. 'This system allows a consistency of testing', said Kevin.

Kevin and son Sam, 34, have both passed as MOT testers and wife Denise, 62, has recently passed an MOT management course. They will be working together with long-term mechanic Paul in a partnership that has been going for many years.

This will allow the firm to test and repair vehicles on the new site, situated on the opposite side of the road to the Suffolk Plant Centre, Pettistree. Over time, the original KPM site will focus solely on the selling of quality second hand cars and light commercial vehicles.

'We hope to be advertising in the PUNCH for another few decades', said Kevin.

Andy Gardner

Ring 01394 460572 Website (coming soon).

NATURE NOTES by Christopher Reading

christopher.reading@icloud.com

The Red Kite

Photo by John Richardson

This month I feature a rare success story in the avian world, a bird whose numbers have increased dramatically in recent years: the red kite, a large and graceful raptor. It was saved from national extinction by one of the world's longest-running protection programmes. The red kite has been successfully re-introduced to England and Scotland using birds from Ireland. About twenty years ago it was restricted to Mid Wales but is now widespread in the UK, including East Anglia.

There are currently an estimated six thousand pairs. Adults have a reddish-brown body with dark streaks and a pale grey head, yellow legs and a yellow beak with a black tip. They have a wingspan of about two metres (over six feet) and a distinctive long, deeply forked tail. They will eat anything they can get their talons into, preferring carrion and worms but will also take small mammals. They like farmland and woodland but can be found almost anywhere.

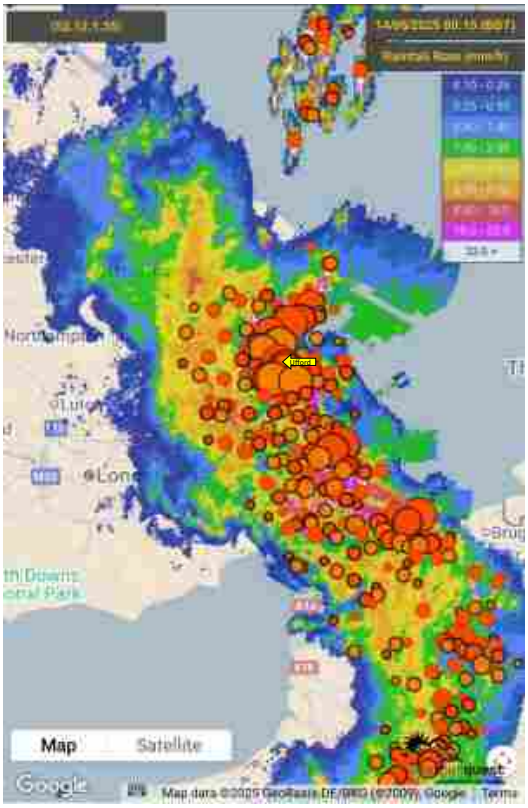
Nature Knowledge:

A while ago I told you I had been appointed an ambassador for the British Trust for Ornithology to help promote their Garden Bird Watch scheme, which marks its 30th anniversary this year. I have attended a couple of events in this role, including a recent plant sale at Helmingham Hall Gardens. I would encourage you to join this scheme to understand what is happening to wildlife (not just birds) in this part of Suffolk. It wouldn't take much of your time and would add significantly to nature knowledge. Please contact me or pick up a leaflet at the White Lion – or visit the BTO website at www.bto.org/get-involved/volunteer/projects/gbw

A plea to those of you with garden bird feeders. It's good of you to feed our feathered friends, but you must clean the feeders regularly to prevent the spread of diseases. I suggest at least once a fortnight with warm soapy water, then let the feeder dry in the air before re-filling.

Donner and Blitzen Seen Flying over Ufford
Crash, Bang, Wallop, What a Storm

The sky over Ufford was lit up by a major lightning storm that rumbled across the region over the night of the 13th and 14th June. Many residents stayed up to watch nature at its brightest and loudest - with hours of sheet lightning erupting across the sky. The photo shows St Mary's Church tower silhouetted by sheet lightning in the cloud against the inky blackness.



Map courtesy of Weather**Quest**

Photo by Andy Gardner

Local weather expert John Colles measured the torrential rain that accompanied the storm. He said: 'It turned out here almost exactly as predicted. It started raining just before midnight and by 1:30am we had almost exactly 30mm of rain, over half the month's average in one-and-a-half hours.' He added: 'I heard a couple of very close bangs, but mostly it was a continuous rumble from many strikes further away, hence most of the lightning was behind the clouds and we only saw sheet lightning.

'I saw a couple of forks, but before I had the camera set up! Quite an exciting night; I hope nobody got flooded.'

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UFFORD DIARY DATES FOR JULY

EVENTS

12th July (Sat)	Ufford Gardening Club - Village Summer Show 2.00pm - 5.00pm	SMPH
14th July (Mon)	Friends of Parklands Wood - Working Party 9.00am	UCH
15th July (Tue)	Ufford Parish Council - Meeting 7.00pm	SMPH
26th July (Sat)	Ufford Crown - Music in the Marquee 2.00pm - 5.00pm	
28th July (Mon)	Friends of Parklands Wood - Working Party 9.00am	UCH

CLASSES AND CLUBS

Tai Chi Classes	Mondays at 2.15pm	UCH
Tennis Club	Mondays and Fridays from 5.00pm	UCH
Boules	Tuesdays at 2.00pm	UCH
Crocodile Rock	Tuesdays 9.45am - 10.45am and 11.15am - 12.00 noon	UCH
Ufford Bell Ringers	Tuesdays 7.30pm - 9.00pm	
Happy Babies	Thursdays 9.30am -10.30am and 11.00am - 12.00 noon	UCH

BRIDGE CLUBS

Ufford Friendly Bridge Club
Mondays 6.30pm **UCH**

U2 Bridge Club
Wednesday 2nd, 16th and 30th July - 1.45pm **UCH**

WHERE?

SMPH	**St Mary's Parish Hall**
UCH	**Ufford Community Hall**

The PUNCH Directory

Schedule of events and classes are on the diary dates above

Boules (by tennis court - UCH)
Di Fulcher 01394 460551

Bridge Classes
Mike Fisher
www.mikefisherbridge.com

Carpet Bowls
Di Fulcher 01394 460551

Community Hall
bookings.uch@gmail.com

Crocodile Rock
crocodilerock.music@gmail.com

Cycle Club
Stephen Thurlow 01394 460770

Deben Probus Club
John Hickling 01728 746322
johnhickling@uwclub.net

Footpath Warden
Rilla Forge
r.forge.upc@gmail.com

Friends of Parklands Wood
Rilla Forge
r.forge.upc@gmail.com

Happy Babies
hello@happy-babies.co.uk

Helping Ufford Group (HUG)
Hotline: 07595 970139
helpinguffordgroup@gmail.com

Parish Council & website
Clerk: Judi Hallett
01394 411405 / 07739 411927
www.ufford-suffolk-pc.gov.uk

Parish Church Committee
Karen Eyres 01394 460455
k.eyres@btopenworld.com

PUNCHLine
Tig Thomas 07710 882559
PUNCHline@uffordpunch.org.uk

St Mary's Parish Hall
Karen Eyres 01394 460455
k.eyres@btopenworld.com

Tennis Club
Chris Cage 01394 461082

U2 Bridge Club
Adrian Smith 01394 461179

Ufford Art History Group
Jenny Searle 01394 460317

Ufford Arts Festival
Jeremy Eyres 07739 330398

Ufford Basketball Club
Daniel Metz
uffordbasketball@gmail.com

Ufford Bell Ringers
Kate Eagle 07765 252515
kate.eagle1@gmail.com

Ufford Friendly Bridge Club
Lyn Taylor 01394 460253

Ufford Gardening Club
Sheila Creswick 01394 547658
sheila@creswick.uk
www.uffordgardeningclub.org.uk

Ufford Players Theatre
Jackie Wilks 01423 333167

Ufford Tai-Chi
Ray Norris 01394 383076
www.suffolktaichiacademy.uk

Ufford PUNCH
Nicky Scott 01394 460186
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Woodbridge	Ipswich	Felixstowe	Rendlesham
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01394 380083	01473 274040	01394 284554	01394 420964
woodbridge@ryder-daviesvets.co.uk	ipswich@ryder-daviesvets.co.uk	felixstowe@ryder-daviesvets.co.uk	rendlesham@ryder-daviesvets.co.uk

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July in the Garden

Our Advisor this month is the well-known local expert Susannah Sharman from Garden Art / School of Gardening, Swann's Nursery in Eyke www.gardenartdesign.co.uk

Now is the time to enjoy your garden!

Now is the time that we should be sitting in our gardens, admiring it, enjoying the colours, smells and bird songs surrounding our seating areas. It ought to be your little sanctuary, cushioned from the outside world. If not, then now is the time to sit and contemplate and plan!

A garden is a view, mostly seen from the house. It might be that you are fortunate to have a view of the countryside…so the garden is second to that. But if you haven't, then you can make one, in whatever size of garden you have.

Think about it as creating a landscape painting, with layers of interest. Background might be the trees beyond or in your garden, midground, and then foreground planting. If you have planted all round the edge of your garden leaving a lawn in the middle, then it's just a space, no layers. Add an island border and

you will see the difference; it adds more perspective. Bring the trees, shrubs and herbaceous plants 'into' your garden, not round the edge. Dappled shade and dense planting will help with water retention and healthier plants overall.

The trick is to place a feature or focal point for extra highlights. To pinpoint them stand in the areas inside the house that you look out to the garden mostly. Are you looking at space or layers? Try and imagine a feature, punctuation dot, a focal point, either a plant, tree, statue, urn, bird feeder/table, statue, etc. If you already have something in the garden, is it in the right place?

Near the seating area is an ideal place to have an impact border, full of colour and summer interests. Use salvia hot lips, nepeta, gaura, lavender and grasses dotted with verbena and grouped seasonal bedding.

Editor's Note:
Photos are of Susannah's own garden.

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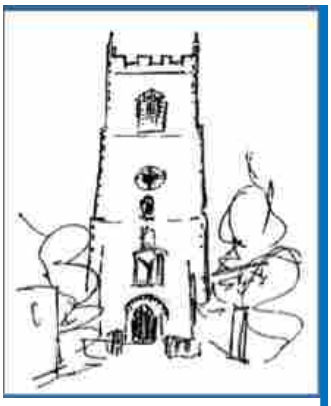

Where is the love?
All you need is love.
Love, love, love!
Lost in wonder love and praise!

We hear the word love and indeed say the word love a lot. We hear it in song, in poetry and in our everyday encounter with friends and loved ones.
Sometimes there seems to be an absence of love in the world, war seems to ravage love with hatred greed and even fear. There are many other situations where love can be ravaged rather than embraced.

Many of us long for the day when the love of God in Christ Jesus will be shown to all people because that, dear friends, is the fundamental truth of the teachings of Christ in the Bible. St Paul tells us that love does not hold account and is not arrogant or boastful. Love is patient; love is kind, bears all things, believes all things, hopes all things, endures all things.

Love never ends. But as for prophecies, they will come to an end; as for tongues, they will cease; as for knowledge, it will come to an end. And now faith, hope, and love abide, these three; and the greatest of these is love. (Cf 1 Corinthians 13).

So let us love one another as Jesus loves us, let us not be boastful or envious, rather let us rejoice that God made us all in his image because he loves all that he has made, so that we can wonder at the marvels of his love and be embraced and held tightly as we praise his sacred and Holy name!
In The Love of Christ
Fr. Paul

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JULY

Sun 6th Trinity 3

08.00 am Holy Communion BCP at Melton

10.00 am Parish Eucharist at Ufford

10.00 am Morning Worship at Melton

Sun 13th Trinity 4 Sea Sunday

08.00 am Holy Communion BCP at Ufford

10.00 am Eucharist at Melton

Sun 20th Trinity 5

08.00 am Holy Communion BCP at Melton

10.00am Parish Eucharist at Ufford

10.00am Morning Worship at Melton

Sun 27th Trinity 6

08.00 am Holy Communion BCP at Ufford

10.00 am Eucharist at Melton

LIVE CHURCH CALENDAR
www.uffordchurch.org

Food Bank donations welcome to the 'Little Pantry 'at St Andrew's Church, Melton with a collection Box in Ufford Church porch.

Thank you. **Jenny Searle**

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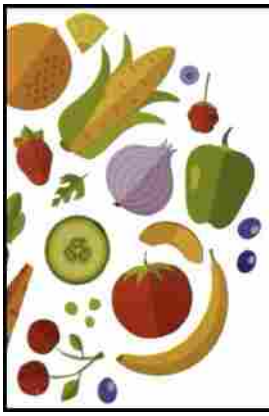

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Kidzone - Book Quiz

How many of these ten questions about popular books do you know? (Answers at the bottom of the page)

1 JM Barrie wrote about "The Boy Who Never Grew Up", what was his name?

1. Harry Potter
2. Peter Pan
3. Matilda
4. Huckleberry Finn

2 Which Animal is Charlotte in Charlotte's Web?

1. A bear
2. A spider
3. A goat
4. A pig

3 Where is Paddington Bear From?

1. Peru
2. Brazil
3. Germany
4. Scotland

4 What is the name Harry Potter's Owl?

1. Hedgehog
2. Edward
3. Hedwig
4. Headache

5 In How to Train Your Dragon, what language can Hiccup Horrendous Haddock the Third speak that most other people can't?

1. Japanese
2. Dragonese
3. Viking
4. Swedish

6 What is Amelia Fang?

1. A Witch
2. A Wherewolf
3. A Dentist
4. A Vampire

7 What is Matilda's surname?

1. Matilda Wormwood
2. Matilda Hardwood
3. Matilda Goodwood
4. Matilda Woodhead

8 In "You're Called What?" what colour are the Blue-Footed Booby's feet?

1. Yellow
2. Black
3. Green
4. Blue

9 In the BFG, what is whizzpopping?

1. Fireworks
2. Gas released the bottom
3. Snoring
4. Bikeriding

10 In the Gruffalo, where does the Snake Live?

1. In a caravan
2. In a tree-house
3. In a log pile house
4. In a pile of stones

Answers

1 = Peter Pan
2 = A spider
3 = Peru
4 = Hedwig
5 = Dragonese
6 = A vampire
7 = Matilda Wormwood
8 = Blue
9 = Gas released from the bottom
10 = In a log pile house

Books Featured

1 = *Peter Pan*, JM Barrie,
2 = *Chartlotte's Web*, E.B.White
3 = *A Bear Called Paddington*, Michael Bond
4 = *Harry Potter and the Philosopher's Stone*, JK Rowling
5 = *How to Train Your Dragon*, Cressida Cowell
6 = *Amelia Fang and the Barbaric Bell*, Laura Ellen Anderson
7 = *Matilda*, Roald Dahl
8 = *You're Called WHAT?*, Kes Grey and Nikki Dyson
9 = *The BFG*, Roald Dahl
10 = *The Gruffalo*, Julia Donaldson,

Jane Cochrane

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